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* Population density :- On the basis of population density in whole country is divided into three regions :-

(i) High Population Density states → characterized by flat plains with fertile soils and abundant rainfall.
E.g., States of Northern Plains and Kerala.

(ii) Moderate Population Density States → characterized by hilly and rocky nature of terrain, moderate to low rainfall, shallow and less fertile soil.
E.g., Assam and most of the peninsular states.

- (ii) Low population Density States → characterized by rugged terrain (mountainous and desert) and unfavourable climatic condition. [below 250 persons per sq. km].
- E.g., Arunachal Pradesh, Sikkim and Jammu and Kashmir, etc.

> POPULATION GROWTH AND PROCESSES OF POPULATION CHANGE :-

The numbers, distribution and composition of the population are constantly changing. This is the influence of the interaction of the three processes :

1. Birth
2. Death
3. Migration

* PROCESSES OF POPULATION CHANGE / GROWTH :-

Three main processes of change of population are :-

- 1) Birth Rates : Birth Rate is the number of live births per thousand persons in a year. In India, birth rates have always been higher than

death rates.

2) Death Rates: Death Rate is the number of deaths per thousand persons in a year.

3) Migration: Migration is the movement of people across regions and territories. Migration can be internal (within the country) or international (between the countries). It influences the distribution of population within the nation. In India, the rural-urban migration has resulted in a steady increase in the percentage of the population in cities and towns.

* Age Composition :- The age composition of a population refers to the number of people in different age groups in a country. The population of a nation is grouped into 3 broad categories:

(i) Children (generally below 15 years): They are economically unproductive and need to be provided with food, clothing, education and medical care.

(ii) Working age (15-59 years): They are

economically productive and biologically reproductive. They comprise the working population.

(iii) Aged (Above 59 years) :- They may be working voluntarily but they are not available for employment through recruitment.

* Sex Ratio :- It is defined as the number of females per 1000 males in the population. Sex Ratio is an important social indicator to measure the extent of equality between males and females in a society at a given time.

* Literacy Rates :- According to the Census 2011, a person aged 7 years and above, who can read and write with understanding in any language, is treated as literate. India's literacy rate is 73% as per the census of 2011.

* Occupational Structure :- The distribution of the population according to different types of occupation is referred to as the occupational structure. Occupations are classified as :-

(i) Primary :- Primary activities include agriculture,

animal husbandry, forestry, fishing, mining and quarrying, etc.

(ii) Secondary :- Secondary activities include manufacturing industry, building and construction work, etc.

(iii) Tertiary :- Tertiary activities include transport, communications, commerce, administration and other services.

* Health :- Health is an important component of population composition, which affects the process of development. The substantial improvement in Public Health in our country is the result of many factors such as:

- Prevention of infectious diseases.
- Application of modern medical practices in diagnosis and treatment of ailments

* Adolescent Population :- Adolescents are grouped in the age group of 10 to 19 years. They are the most important resource for the future. It constitutes one-fifth of the total population of India. Nutrition requirements of adolescents are higher than those of a normal child or adult.

- * National Population Policy :- The National Population Policy (NPP) 2000 provides a policy framework for imparting free and compulsory school education upto 14 years of age. It also helps in;
- o reducing infant mortality rate to below 30 per 1000 live births.
 - o Achieving universal immunisation of children against all vaccine-preventable diseases.
 - o Promoting delayed marriage for girls, and making family welfare a people-centred programme.

NPP 2000 also put emphasis on other important needs of adolescents including protection from unwanted pregnancies and sexually transmitted diseases (STDs). It aims towards encouraging;

- o Delayed marriage and child-bearing.
- o Education of adolescents about the risks of unprotected sex.
- o Making contraceptive services accessible and affordable.
- o Providing food supplements.
- o Nutritional services.
- o Strengthening legal measures to prevent child marriage.

WORKSHEET Questions :-

1) Kerala has a sex ratio of 1084. Which moral value this data provide us?

Ans = There is gender equality in Kerala.

2) The literacy rate in India is 74.40, 82.14 for males and 65.46 for females? what does this indicate?

Ans = Gender inequality in India.

3) Mention any two ways to improve the status of women in India.

Ans =

- Reservation of seats in the Parliament for women
- Improve literacy rate.

4) Suggest any three ways to control the rapid growth of population in India?

Ans =

- New population policies are introduced.
- Spreading of Education.
- Late marriage.

5) Who is treated as literate in India? What is importance of literacy?

Ans = According to the census of 2011, a person aged 7 years and above who can read and write with

understanding in any language, is treated as literate in India. Importance of literacy are :-

- Only an informed and educated citizen can make intelligent choice and undertake research and development projects.
- Literate citizens become human resource.

6) "The percentage of population that is economically active is an important index of development." Explain.

- Ans =
- Economic growth is directly dependent on human resources.
 - In countries like a very high percentage of population is economically active so these countries have achieved a very high economic growth rate.
 - In most of the developing nations the dependency ratio is very high so economic growth rate remains low.

7) "Health situation in India is still a cause for serious concern." Give reasons.

Ans = "Health situation in India is still a cause for serious concern". This is because :-

- Lack of resources due to overpopulation.
- Lack of proper hygienic conditions and ~~sanitation~~ ^{sanitisation} in most of the living areas of India, -the slums accounting for the most of it.

- o Lack of concern and awareness on the individual and community level in certain areas of the country.
- o Lack of education among the workers that deal with handling and disposal of wastes, which are often hazardous.

8) Why literacy is a very important quality of a population?

Ans: Literacy is a very important quality of a population. As, only an informed and educated citizen can make intelligent choices and undertake research and developing projects. Low levels of literacy are a serious obstacle for economic improvement in a country.

9) What do you mean by Occupation Structure?

Ans = Occupation Structure is the mix of different types of occupations found in a society. It also describes how people are engaged in different sectors of economy that dominates the Occupation structure in a country.

10) What are the activities involved in Primary Occupation?

Ans: Activities involved in Primary Occupation are;

farming, logging, hunting, fishing, forestry, mining, etc

11) What are the activities involved in Secondary Occupation?
Ans: Activities involved in Secondary Occupation are; production of sugar from sugarcane, Iron and steel from its raw materials, etc.

12) What are the activities involved in Tertiary Occupation?
Ans: Activities involved in Tertiary Occupation are; from commerce to administration, education, health and social work, transportation, etc.

13) Why most migrations have been from rural to urban areas in India?

Ans: Most people migrate from rural to urban areas in India because urban areas offer greater employment opportunities and better living conditions.

14) What are the notable determinants of the population's social and economic structure?

Ans: The number and percentage of a population found within the children, working age and aged groups are notable determinants of the population's social and economic structure.

15) Explain the population category of children.

Ans: Children (generally below 15 years) :- The group of population that comes under this category is economically unproductive and needs to be provided with food, clothing, education and health care.

16) Explain the population category of working age.

Ans: Working Age (15-59) years :- They are economically productive and biologically reproductive. They comprise the working population.

17) Explain the population category of Aged.

Ans: Aged (above 59 years) :- They maybe working voluntarily but they are not available for employment through recruitment.